Brazil National Sport — A Grandmaster's Log — Sifu Atif Hussain, the founder and grandmaster

Here introduced is Gladitorial Boxing or Brazilian Boxing (GBB) It is mainly a blocking emphasis sport. Padding is required. You do feel pain however. You block sword strikes with your forearms. It is very similar to Brazilian Jiu Jitsu. You need a martial arts dummy that toughens your forearms. And a standard one for strike varieties. Sparring reveals your progression. I am Eastern Roman. I have the heritage.

As you go about practice breathe: Et Victoria!

It has 10 degrees called Ahd-Ashr Sullam

Belts:

white
yellow
orange
pink
red
purple
blue
green
brown
grey
black

I recommend held tournaments called Hifl's